

OVER-THE-COUNTER MEDICATION SAFETY

- Discuss all medications, minerals, vitamins and supplements with your surgeon or pharmacist before you take them.
- Do not take more than the maximum daily dose allowed, unless directed by your doctor.
- Maximum daily doses of all medications are listed on the bottle labels.

ACETAMINOPHEN (Tylenol®):

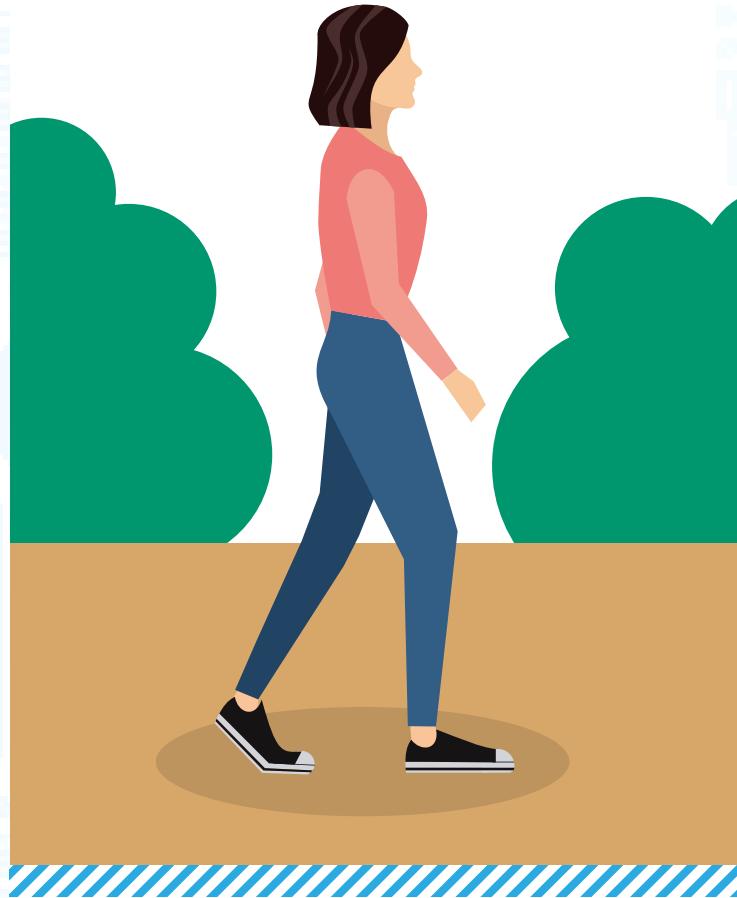
- Do not use if you have liver disease.
- Do not drink alcohol while taking acetaminophen.
- Review all medications with your pharmacist for those that may contain additional acetaminophen (like cold or cough medications).

IBUPROFEN (Motrin® or Advil®):

- Prior to taking ibuprofen, discuss with your surgeon or pharmacist if you have:
 - ▶ A history of stomach ulcers or bleeds
 - ▶ A heart condition
 - ▶ Other bleeding disorders
 - ▶ Taken blood thinners
 - ▶ Renal (kidney) disease
- Take ibuprofen with food.

Information in this brochure was developed by Michigan OPEN for the typical patient with your condition. It does not replace medical advice from your health care provider as your experience may differ from the typical patient. Questions about this document, your condition or your treatment should be discussed with your health care provider.

MANAGING PAIN AFTER SURGERY



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Evidence. Resources. Engagement.

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Michigan OPEN is partially funded by the Michigan Department of Health and Human Services

03.2021

DISCUSS

WITH YOUR SURGEON:

- ALL medications you are taking, including:
 - ▶ Antidepressants (like Prozac® or Celexa®)
 - ▶ Opioids (like Vicodin® or Norco®)
 - ▶ Sedatives (like Ambien® or Seroquel®)
 - ▶ Benzodiazepines (like Valium®, Xanax®, or Klonopin®)
 - ▶ Other prescription pain medications
 - ▶ Illegal Drugs
- If you can use over-the-counter medications, acetaminophen (Tylenol®) ibuprofen (Motrin® or Advil®) to manage your pain.
- What you should do if your pain is not controlled.

UNDERSTANDING PAIN AFTER A PROCEDURE

- Pain after surgery is called acute pain. Acute pain does not last a long time.
- This acute, surgical pain is *normal* and is usually worst the first 1-3 days.
- Your pain should be well controlled with a schedule of over-the-counter acetaminophen (Tylenol®) and ibuprofen (Motrin® or Advil®).

If you have severe pain that is not managed by the **regular, scheduled use** of both acetaminophen and ibuprofen, please call your surgeon.

MANAGING PAIN

For the First 3 Days

After your procedure, use acetaminophen and ibuprofen **together** at *regular, scheduled* times:

9 AM	Acetaminophen & Ibuprofen	1000 mg (2 pills of 500 mg) 600 mg (3 pills of 200 mg)
3 PM	Acetaminophen & Ibuprofen	1000 mg (2 pills of 500 mg) 600 mg (3 pills of 200 mg)
9 PM	Acetaminophen & Ibuprofen	1000 mg (2 pills of 500 mg) 600 mg (3 pills of 200 mg)

After 3 days

Only take medications if you have pain.

You can also choose to take acetaminophen or ibuprofen *alone*, instead of together, when needed for mild discomfort.

Medication is only **one** part of your pain management plan. Continue using **non-drug options** to help manage pain:

NON-DRUG OPTIONS



Read a book



Listen to music



Watch TV



Daily Reflections or Meditation

Options below as directed by your surgeon



Ice



Elevation



Compression



Short Walks or Mild Exercise